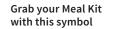


Crumbed Chicken Strips & Garlic Veggies

with Zesty Mayo

KID FRIENDLY











Courgette







Lemon



Aussie Spice



Panko Breadcrumbs

Mayonnaise

Chicken Breast

Prep in: 20-30 mins Ready in: 30-40 mins

Eat Me Early







Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You will need

Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
carrot	1	2
courgette	1	2
baby broccoli	1 bag	1 bag
lemon	1/2	1
mayonnaise	1 large packet	2 large packets
chicken breast	1 packet	1 packet
Aussie spice blend	1 sachet	1 sachet
panko breadcrumbs	1 packet	1 packet
butter*	15g	30g

^{*}Pantry Items

Nutrition

Per Serving	Per 100g
2586kJ (618Cal)	478kJ (114Cal)
41.2g	7.6g
33.9g	6.3g
9g	1.7g
34.4g	6.4g
8.1g	1.5g
1030mg	191mg
8.8g	1.6g
	2586kJ (618Cal) 41.2g 33.9g 9g 34.4g 8.1g 1030mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Get prepped

- · Finely chop garlic. Thinly slice carrot and courgette into half-moons. Trim baby broccoli.
- Zest **lemon** to get a pinch, then slice into wedges.

Little cooks: Under adult supervision, older kids can help grate the zest.



Make the lemon mayo

- In a small bowl, combine lemon zest and 1/2 the mayonnaise. Season to taste.
- Cut chicken breast into 2cm strips.

Little cooks: Take charge by combining the zest and mayo!



Prep the chicken

- In a medium bowl, combine Aussie spice blend and the remaining mayonnaise. Add chicken **strips** and toss to coat.
- In a second medium bowl, add panko breadcrumbs.
- Coat handfuls of **chicken** in the **panko breadcrumbs**, then transfer to a plate.

Little cooks: Help crumb the chicken! Use one hand for the wet ingredients and the other for the dry ingredients to avoid sticky fingers. Make sure to wash them after.



Cook the veggies

- Heat a large frying pan over medium-high heat with a drizzle of olive oil. Cook courgette, carrot and baby broccoli, tossing, until tender, 5-6 minutes.
- Add the butter and garlic and cook until fragrant, 1 minute.
- Remove from heat, then add a squeeze of **lemon** juice. Season with salt and pepper. Transfer to a bowl and cover to keep warm.

TIP: Add a dash of water to the pan to help speed up the veggie cooking process.



Cook the chicken

• Wipe out and return frying pan to high heat with a generous drizzle of olive oil. When oil is hot, cook crumbed chicken until browned and cooked through, 3-4 minutes each side.

TIP: Chicken is cooked through when it is no longer pink inside.



Serve up

- Divide crumbed chicken strips and garlic veggies between plates.
- Serve with zesty mayo and any remaining lemon wedges. Enjoy!

